POLAR®

USER MANUAL

Polar F6™
Fitness Heart Rate Monitor

Light

OK

Back

Press **OK** to enter the menu.
Press the ▲ / ▼ buttons to move forward in the menus.
Press and hold the **Back** button to return to the Time of Day display.

View exercise information on current week.

Monitor information such as your heart rate and calories burned during your exercise sessions.

View detailed information on your latest exercise sessions, as well as the long-term information on your exercises.

Change alarm, time of day, and other settings.

Press ▲

OK

Press ▼

OK

Press ▼

OK

OK

START
▼
SETTINGS
Back

EXERCISES
▼
TOTALS
▼
DIARY
▼
SEND
Back

WATCH
▼
HR SET
▼
USER
▼
GENERAL
Back

Dear customer,
Congratulations on your purchase of a new Polar F6™ Fitness Heart Rate Monitor!

Why should you use a heart rate monitor?
• A heart rate monitor helps you to train at your ideal pace.
• A heart rate monitor maximizes the benefits of exercise in a limited amount of time.
• A heart rate monitor provides you with objective information. Are you on the right track with your training? Are you improving?
• A heart rate monitor provides you with immediate feedback; this is why it is an ideal training partner for you!

The Polar F6 heart rate monitor provides you a reliable and convenient way to measure your heart rate wirelessly. It measures the electrocardiogram (ECG). You can use the wrist unit to conveniently view your heart rate and other information while walking, cycling, cross-country skiing, or performing any other exercise without disturbing your exercise rhythm. Professional athletes and amateurs alike have relied on the information provided by their Polar heart rate monitor for decades, so why shouldn't you?

This manual contains the information you need to use and maintain your product. Please read this through to understand how to use the functions and to get the most out of your Polar heart rate monitor.

Please also check our web sites for the best product and training tips and other value added services: www.PolarFitnessTrainer.com and www.polar.fi

CONTENTS

1. INTRODUCTION TO THE F6 HEART RATE MONITOR

1.1   PRODUCT ELEMENTS
The Polar F6 heart rate monitor set consists of the following items:

Wrist Unit
The wrist unit displays your heart rate, burned calories, exercise time, and other exercise information while exercise recording. You can also wear it as a watch.

Polar Coded Transmitter
Wear the transmitter while exercising. The electrode areas are on the back of the transmitter. The electrodes detect your heart rate continuously and transmit it to the wrist unit.

Elastic Strap
The elastic strap holds the transmitter around your chest.

User Manual with Quick Guide
This User Manual contains the necessary information on using your Polar heart rate monitor. For a quick reference, take the function map included in the Quick Guide with you when exercising.

Polar Web Services
www.PolarFitnessTrainer.com is a complete web service tailored to support your exercise. Free registration gives you access to the exercise diary, tests and calculators, reports and useful articles. Moreover, you can get latest product tips and support online at www.polar.fi/fitness.

1.2 WRIST UNIT BUTTONS AND SYMBOLS

Note: *Pressing a button briefly (approximately one second) has a different effect than pressing and holding the button for a longer period of time (at least two seconds).*

Light
- Switch the backlight on.

By pressing and holding the Light button, you can:
🔒 Lock and unlock all the buttons, except the Light button, in the Time of Day display or while recording your exercise. Press and hold the Light button until Buttons Locked or Unlocked is displayed.

Back
- Exit the displayed menu and return to the previous level.
- Cancel the selection and leave the setting as it was.
- Switch the alarm off.

By pressing and holding the Back button, you can:
- Return to the Time of Day display from any menu.
- Enter the Watch settings from the Time of Day display.

Heart Touch
In the Exercise mode, you can see the time of day by bringing the wrist unit near the Polar logo on the transmitter.

▲
- Move up in the menus and selection lists.
- Increase the selected flashing value when ✚ is on the display.

By pressing and holding the ▲ button you can:
- Change the display in the Time of Day display.
- Change the top row information in the Exercise recording mode.

OK
- Enter the menu in the Time of Day display.
- Enter the displayed menu.
- Accept your selection.

By pressing and holding the OK button, you can start exercise recording from the Time of Day display.

▼
- Move down in the menus and selection lists.
- Decrease the selected flashing value when ━ is on the display.

Symbols

The menu level indicator shows you the number of menu items. When browsing the menus, the ▌ symbol indicates where you are in the current menu level. The ▐ symbol shows you the total number of menu items.

In guided setting sequences the number of ▌ symbols indicates the total number of settings, and the flashing ▐ symbol indicates the setting you are currently adjusting.

✉ The envelope reminds you to check the exercises from last week. For further information, see the section Weekly Follow-Up on page 28.

🔋 The battery symbol indicates that the wrist unit battery is low. For further information, see the chapter Care and Maintenance on page 51.

🔔 The alarm symbol indicates that the alarm is switched on. For further information, see the section Watch Settings on page 36.

❤ The framed heart indicates the coded transmission of your heart rate. For further information, see the section Measuring Your Heart Rate on page 12.

📼 The recording symbol indicates that exercise recording is on.

◀‖‖ The sound symbol indicates that the heart rate zone alarm is switched on in the Exercise menu. For further information, see the section Functions During Exercising on page 15.

1.3 BASIC SETTINGS

Start from the Basic Settings mode when you use your product for the first time. You only need to activate the blank wrist unit once. Once activated, the wrist unit cannot be switched off.

Alternatively, you can transfer the Basic Settings to the wrist unit from your computer. For further information, see the chapter Data Transfer on page 50.

Note: It is important that you be precise with the Basic Settings, especially when setting your weight, height, birthday and gender, as they have an impact on the accuracy of the measuring values, such as the target heart rate limits and calorie expenditure.

1. Activate the wrist unit by pressing any button. The display fills up with digits. Press OK.
2. **WELCOME TO POLAR FITNESS WORLD** is displayed. Press OK to start settings.
3. **START WITH BASIC SETTINGS** is displayed. Press OK to start the Basic Settings.
4. **Time:** Press the ▲ / ▼ buttons to select the **12 H** or **24 H** time mode. Press OK.

     12 H: the time is displayed from 1 to 12 am or pm. In the date and birthday settings, the month is set first and then the day (mm.dd).

     • Press the ▲ / ▼ buttons to select **AM** or **PM**. Press OK.

     • Press the ▲ / ▼ buttons to set the **hours**. Press OK.

     • Press the ▲ / ▼ buttons to set the **minutes**. Press OK.

     24 H: the time is displayed from 0 to 23 hours. In the date and birthday settings, the day is set first and then the month (dd.mm).

     • Press the ▲ / ▼ buttons to set the **hours**. Press OK.

     • Press the ▲ / ▼ buttons to set the **minutes**. Press OK.

5. **Date:** Press the ▲ / ▼ buttons to select the month (**mm**) or day (**dd**). Press OK.

     • Press the ▲ / ▼ buttons to select the day (**dd**) or month (**mm**). Press OK.

     • Press the ▲ / ▼ buttons to select the year (**yy**). Press OK.

6. **Units:** Press the ▲ / ▼ buttons to select kilograms and centimeters (**KG/CM**) or pounds and feet (**LB/FT**). Press OK.

Note: The unit selection also affects how the calories are displayed. If you select lb/ft, calories are displayed as Cal. If you select kg/cm, calories are displayed as kcal.

7. **Weight:** Press the ▲ / ▼ buttons to set your weight. Press OK.

Note: If you select the wrong units, you can still change them by pressing and holding the Light button.

8. **Height:** Press the ▲ / ▼ buttons to set your height. Press OK.

Note: If you select lb/ft as your units, you first set feet and then inches.

9. **Birthday:** Press the ▲ / ▼ buttons to select your birth month (**mm**) or day (**dd**). Press OK.

     • Press the ▲ / ▼ buttons to select the day (**dd**) or month (**mm**). Press OK.

     • Press the ▲ / ▼ buttons to select the year (**yy**). Press OK.

10. **Sex:** Press the ▲ / ▼ buttons to select **MALE** or **FEMALE**. Press OK.

11. **SETTINGS OK?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.

     If you select Yes, your settings are accepted and you can start using your Polar heart rate monitor.

     If you select No, you can change your Basic Settings. Press the Back button until you return to the setting you want to change.

1.4 MEASURING YOUR HEART RATE

To measure your heart rate, you need to wear the transmitter.

Heart rate coding reduces interference from other heart rate monitors that are close by. To make sure that the code search is successful and ensure trouble-free heart rate monitoring, keep the wrist unit within 3 feet/1 meter of your transmitter. Check that you are not near other people with heart rate monitors or any source of electromagnetic disturbances (for further information on interference, see the chapter Precautions on page 53).

1. Attach one end of the transmitter to the elastic strap.

2. Adjust the transmitter's strap length to fit snugly and comfortably. Secure the strap around your chest, just below the chest muscles, and buckle the strap to the transmitter.

3. Lift the transmitter off your chest and moisten the two grooved electrode areas on the back.

4. Check that the wet electrode areas are firmly against your skin and that the Polar logo is in a central, upright position.

5. Wear the wrist unit as a watch. In the Time of Day display, press OK to enter the menu. **Exercise** is displayed. The wrist unit automatically starts to search for your heart rate. Your heart rate and the framed heart symbol ♥ appears in a maximum of 15 seconds. The frame around the heart symbol indicates that your heart rate is coded. Your heart rate is measured, but not recorded, until you have started to exercise. To record your heart rate and other exercise data, see the chapter Exercising on page 14.

Note: *If the wrist unit does not receive your heart rate - - /00 is displayed, check that the transmitter electrodes are wet and that the strap is snug enough. Bring the wrist unit up to your chest near the Polar logo on the transmitter. The wrist unit starts to seek the heart rate signal again.*

2. EXERCISING

In the Exercise menu you can view and record your exercise information, such as your heart rate, exercise time, and energy expenditure.

2.1 STARTING EXERCISE RECORDING

1. Wear the transmitter as described in the section Measuring Your Heart Rate on page 12. When you wear your transmitter during an exercise session the wrist unit automatically calculates the number of calories you have burned, as well as the other exercise information based on your heart rate.
2. Start from the Time of Day display. Press OK.
3. **Exercise** is displayed. The wrist unit automatically starts to search for your heart rate. Press OK.
4. Press the ▲ / ▼ buttons to select **START**. Press OK to start recording your exercise session. Exercise time starts running.

- If **OwnZone** is displayed, see the section OwnZone on page 22.
- If you want to skip the OwnZone® determination and use the previously determined OwnZone, press OK. In this case, if you have not determined your OwnZone before, your age-based heart rate limits are used.
- The OwnZone determination is automatically on, if you do not want to determine your OwnZone, change the HR limits setting in Exercise Settings, page 21, before starting to exercise.
- If **START WITH BASIC SETTINGS** appears, some of the Basic Settings are missing. Press OK to complete all your settings. For further information, see the section Basic Settings on page 10.

2.2 FUNCTIONS DURING EXERCISE

Note: Your exercise information is saved only if the stopwatch has been on for more than one minute.

Checking the Time of Day
Bring the wrist unit near the Polar logo on the transmitter. The time of day and your current heart rate are displayed.

Checking Exercise Duration, Calories, and Target Heart Rate Limits
Press the ▲ / ▼ buttons to view the following options:

Exercise
Exercise duration
Heart rate as beats per minute (bpm) or as a percentage of your maximum heart rate (%HR_{max}), depending on your settings.
The arrow symbols beside the ♥ symbol indicate that you are below ⤵ or above ⤴ your target heart rate zone.

Calories (displayed as Cal/kcal, depending on your units settings)
The calories you have burned until now.

Polar calorie calculation shows your energy expenditure while exercising. You can use the feature to set daily and weekly exercise goals in terms of calories (Cal/kcal). Monitor your energy expenditure by following the calories of one exercise session, accumulated weekly calories, or your total calories for as many exercise sessions as you choose.

In Zone (displayed if HR limits are on)
Exercise duration between target heart rate limits
Target heart rate limits as bpm or as %HR$_{max}$, depending on your settings
The ❤ symbol moves left or right according to your heart rate. If the ❤ symbol is not visible, it means your heart rate is either below ⌒ or above ⌄ your target heart rate limits. The alarm sounds, provided the zone alarm ◁‖ is switched on.

Changing the Displayed Exercise Information
In the Exercise and Calories display, you can change the upper row information to personalize the display by pressing and holding the ▲ button.

Exercise duration

Calories

Time of Day

Time of Day

Calories

Exercise duration

Fitness bullets - a bullet appears for every 10 minutes in the target heart rate zone equaling one hour in total if all the bullets appear.

Fitness bullets

Switching the Backlight On

Press the Light button and the display is illuminated for a few seconds.

After you have illuminated the display once while exercising night mode symbol (☽) appears in the display. The display automatically illuminates each time you press any button or bring the wrist unit near the Polar logo on the transmitter, until you stop recording the exercise.

Switching Keylock ⚷ On or Off

Press and hold the Light button to lock and unlock all the buttons, except the Light button. **BUTTONS LOCKED** or **BUTTONS UNLOCKED** is displayed.

Pausing the Exercise

You can pause your exercise recording while taking a break to drink water or some other activity.

1. Press the Back button. Your current heart rate is displayed. The recording of the exercise is paused. ▭ instead of ⊙⊙ is displayed.
2. Select **CONTINUE** by pressing the ▲ / ▼ buttons. Press OK to continue recording your exercise.

Changing Settings During Exercise

You can change the settings while recording your exercise or you can pause the exercise recording while modifying your settings.

1. If you want to change the settings without pausing the exercise recording, press and hold OK.
   Alternatively, if you want to pause the exercise recording, press the Back button and select **SETTINGS** with the ▲ / ▼ buttons. Press OK.
2. **HR ALARM**, **HR LIMITS**, and **HR VIEW** are displayed. Press the ▲ / ▼ buttons to select Alarm, Limits, or View. Press OK.

   HR alarm: Select **VOL 2** (loud), **VOL 1** (quiet), or alarm **OFF** with the ▲ / ▼ buttons. Press OK.
   HR limits: If you are using OwnZone or Automatic HR limits, select **HARD**, **MODERATE**, **LIGHT**, or **BASIC** with the ▲ / ▼ buttons. Press OK. Your limits are displayed for a few seconds.
   Alternatively, if you are using Manual limits, your target heart rate limits are displayed for a few seconds.
   HR view: Select **HR** (beats per minute) or **HR%** (percentage of your maximum heart rate) with the ▲ / ▼ buttons. Press OK.
   When you have modified the settings, the wrist unit returns to either Exercise mode or Exercise pause mode.

For further information, see the section Heart Rate Settings on page 40.

Note: The wrist unit shows the exercise or exercise pause mode if you do not press any of the buttons within one minute.

Stopping the Exercise and Viewing Exercise Summary

1. Press the Back button. Your current heart rate is displayed. Exercise recording is paused. ▭ is displayed.
2. Select **EXIT** with the ▲ / ▼ buttons and press OK.

Summary of your exercise is displayed.

Exercise duration (hh.mm.ss)
Calories burned during the exercise (Cal/kcal)
The maximum (max) and average (avg) heart rate of the exercise
session (bpm/%HR$_{max}$) alternate.

3. Press OK to enter the Exercise menu or press and hold the Back button to return to the Time of Day display.

Note:
  - *The wrist unit shows the Time of Day display after five minutes if you forget to stop the heart rate measurement after you pause the exercise recording and remove the transmitter from your chest.*
  - *To check how to take care of your transmitter after exercising, see the chapter Care and Maintenance on page 51.*

2.3 EXERCISE SETTINGS

In the Exercise Settings menu you can view and edit HR Set for the exercise.

Exercise settings are combined in HR Set. Edit the HR Set and you do not need to modify each setting when starting to exercise. For more information about HR Set editing see the section Heart Rate Settings on page 40.

1. Start from the Time of Day display. Press OK.
2. **Exercise** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **SETTINGS**. Press OK.
4. Press the ▲ / ▼ buttons to select **HR ALARM**, **HR LIMITS**, or **HR VIEW**. Press OK.

   HR alarm: Select **VOL 2** (loud), **VOL 1** (quiet), or alarm **OFF** with the ▲ / ▼ buttons. Press OK.
   HR limits: Select **OWNZONE**, **AUTOMATIC**, **MANUAL**, or limits **OFF** with the ▲ / ▼ buttons. Press OK.
   • If you select OwnZone or Automatic HR limits, press the ▲ / ▼ buttons to select **HARD**, **MODERATE**, **LIGHT**, or **BASIC**.
     Press OK. Your target heart rate limits are displayed for a moment.
   • Alternatively, if you select Manual HR limits, press the ▲ / ▼ buttons to set the upper limit. Press OK.
     Press the ▲ / ▼ buttons to set the lower limit. Press OK.
   HR view: Select **HR** (beats per minute) or **HR%** (percentage of your maximum heart rate) with the ▲ / ▼ buttons. Press OK.

Press and hold the Back button to return to the Time of Day display.

2.4   OWNZONE

Polar F6 heart rate monitor is able to determine your individual aerobic exercise heart rate zone automatically. This is called OwnZone (OZ) and it can be determined during a warm-up period lasting 1-5 minutes by walking or jogging. You can also determine your OwnZone in other exercise modes. The main idea is that you start exercising slowly at a light intensity. You then gradually increase the intensity of your exercise to raise your heart rate. Using OwnZone makes exercise easier and more enjoyable. You do not have to worry about calculations or guesswork for your exercise intensity determination.

You can use OwnZone for effective and versatile training. There are four different exercise intensity zones, which you can select in the Settings for the OwnZone function: OwnZone Light, Moderate, Hard, and Basic. For further information, see the section Heart Rate Settings on page 40.

The OwnZone method ensures that you get versatile training. OwnZone is based on measuring changes in heart rate variability during your warm-up for exercise. Heart rate variability reflects changes in your body's physiology. If your heart rate variability decreases either too slowly or too fast or if your heart rate exceeds the safety limit during the OwnZone determination, the wrist unit selects your most recent OwnZone. Alternatively, if there is no previous OwnZone determination in memory and your OwnZone determination fails; your age-based heart rate zone is used.

2.4.1   DETERMINING YOUR OWNZONE HEART RATE LIMITS

Check the following before you start to determine your OwnZone:
- You have set your user information correctly.
- You have switched the OwnZone function on. Each time you start saving exercise information and have the OwnZone function on, the wrist unit starts finding your OwnZone. For further information, see the section Heart Rate Settings on page 40.

You should always redefine your OwnZone:
- When changing your exercise environment or exercise mode.
- If you feel unusual; for example you are stressed or ill, about the physical state of your body when starting to exercise.
- After changing your settings.

1. If you start from the Time of Day display, press OK.
2. **Exercise** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **START** and press OK. **OwnZone** appears in the display.
   If you want to skip OwnZone determination and use the previously determined OwnZone, press OK and go to a step 5.
4. OwnZone determination starts. You determine your OwnZone in five stages.

OZ▶▁▁▁▁   Walk at a slow pace for 1 min. Keep your heart rate below 100 bpm during this first stage. After each stage you hear a beep (if the sound settings are on) and the display automatically illuminates (if you have switched the backlight on once before), indicating the end of the stage.

OZ▶▶▁▁▁   Walk at a normal pace for 1 min. Smoothly increase your heart rate by 10-20 bpm.

OZ▶▶▶▁▁   Walk at a brisk pace for 1 min. Smoothly increase your heart rate by 10-20 bpm.

OZ▶▶▶▶▁   Jog at a slow pace for 1 min. Smoothly increase your heart rate by 10-20 bpm.

OZ▶▶▶▶▶   Jog at brisk pace or run for 1 min.

5. At some point during stages 1-5, you hear two beeps. Your OwnZone has been determined.
If the OwnZone determination succeeds, the following information is displayed:

OwnZone Updated
OwnZone heart rate limits as beats per minute (bpm) or as a percentage of
your maximum heart rate (%HR$_{max}$) depending on your settings
Your current heart rate

If the OwnZone determination did not succeed, **OwnZone Limits** and your previously determined
OwnZone limits (bpm/%HR$_{max}$), are displayed. If you have not determined your OwnZone before,
your age-base limits are used.

You can now continue with your exercise. Try to stay within the given heart rate zone to maximize
the benefits of the exercise session.

3. MONITORING YOUR PROGRESS

This chapter describes how to monitor your progress with your Polar heart rate monitor.

3.1 DIARY

With the help of electronic Diary, you can view your exercise duration, count, calories, and duration in different intensity
zones of the current calendar week.

Diary includes follow-up information for the current calendar week.
Your exercise information is saved in the Diary if the exercise session has lasted at least ten minutes.

Diary   HR zones

1. Start from the Time of Day display and press the ▲ button.
2. Press the ▲ / ▼ buttons to move between diaries.
3. Press OK to enter the view. Press the ▲ / ▼ buttons to scroll through the values.

Note: *The wrist unit automatically resets the Diary and HR zones views to zero between Sunday and Monday at midnight. At the same time,
the previous Diary week is saved in the Diary File.*

3.1.1 DIARY
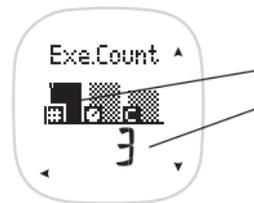
⊞ Exe.Count (exercise count)
The exercise count bar is highlighted
The total exercise counts you have achieved

⊡ Exe.Time (exercise duration)
The exercise duration bar is highlighted
The total exercise duration you have achieved

⊡ Calories (Cal/kcal)
The calories bar is highlighted
The total calories burned during exercising

Press Back to return to the Diary view and press the ▼ button to proceed to the HR zones view.
Press OK.
Alternatively, press and hold Back to return to the Time of Day display.

3.1.2 HR ZONES

◪ Light
The Light intensity zone bar is highlighted
The exercise duration in the zone you have achieved

◪ Moderate
The Moderate intensity zone bar is highlighted
The exercise duration in the zone you have achieved

◪ Hard
The Hard intensity zone bar is highlighted
The exercise duration in the zone you have achieved

Press Back to return to the HR zones view. Alternatively, press and hold Back to return to the Time of Day display.
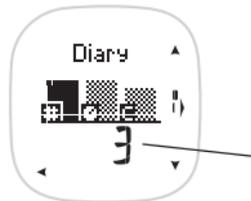
Changing the Default Diary View
Press Back to return to the Diary or HR zones view, and the previously viewed value will be set as a default value.
Next time you enter the Diary or HR zones view the default value will be displayed.
Default value

3.2 WEEKLY FOLLOW-UP
The weekly follow-up function automatically reviews your progress and reminds you to check the previous week's exercises. The reminder appears between Sunday and Monday at midnight.

1. Press the ▲ button to open the reminder ✉.
2. **CHECKING YOUR WEEKLY EXERCISES** is displayed. Press OK to check the previous week's exercises or press and hold Back to return to the Time of Day display.
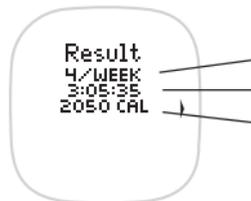
Result and the following information is displayed:
Total exercise count of the last week
Total exercise duration
Total calories burned while exercising (Cal/kcal)

3. Return to the Time of Day display by pressing OK.

File includes information on your recorded exercise sessions. The Exercise and Diary files includes information on your 12 most recent exercise sessions.
• In the **Exercise File** you can view detailed exercise information on the exercise sessions of the current week, such as exercise duration, calories burned, maximum and average heart rate and exercise time in different intensity zones.
• In the **Diary File** you can view your weekly total values.
• In the **Totals File** you can view your total cumulative values, exercise count, time, and calories burned in several exercises, starting from the previous reset.

When the File becomes full, the oldest File information is replaced by the most recent. If you want to save the exercise data for a longer period, transfer the File to the Polar Fitness Trainer web service by using the File Send menu. For further information, see the chapter Data Transfer on page 50.
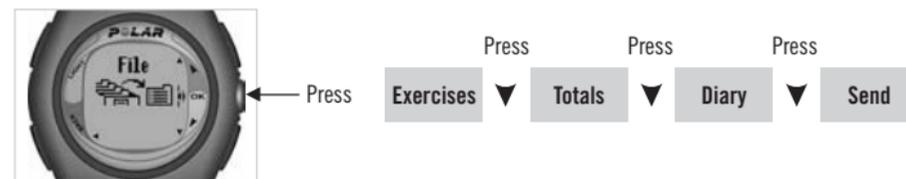
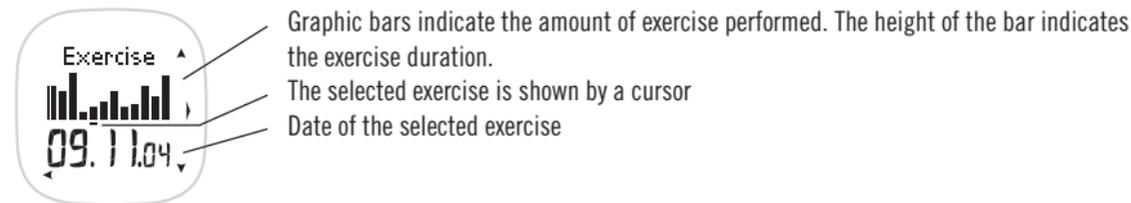|	Press	Press	Press
Press	Exercises ▼	Totals ▼	Diary ▼	Send

1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **File** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **EXERCISES**, **TOTALS**, **DIARY**, or **SEND**. Press OK.

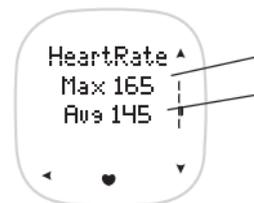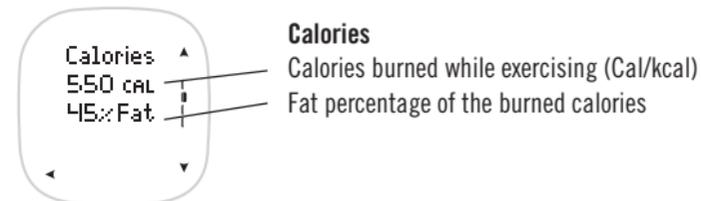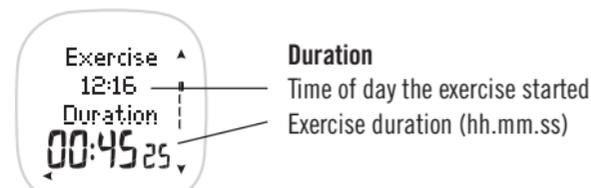*Note: If Empty is displayed, no exercise information has been recorded in the File.*

4.1 EXERCISE FILE

The following information is displayed:

Graphic bars indicate the amount of exercise performed. The height of the bar indicates the exercise duration.

The selected exercise is shown by a cursor

Date of the selected exercise

Select the exercise with the ▲ / ▼ buttons. Press OK.
Scroll through the following information with the ▲ / ▼ buttons.

Duration
Time of day the exercise started
Exercise duration (hh.mm.ss)

Calories
Calories burned while exercising (Cal/kcal)
Fat percentage of the burned calories

Heart Rate
Maximum (Max) and
average (Avg) heart rate in beats per minute alternate with the percentage of maximum heart rate reading.

Time in Zone (displayed if the HR limits were on while exercising)
Heart rate limits
Exercise duration between heart rate limits

Press the Back button to return to the Exercise File.
Alternatively, press and hold the Back button to return to the Time of Day display.

Deleting File
1. In the Duration display, press and hold the Light button until **DELETE FILE?** is displayed.
2. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.
3. If you select Yes, the wrist unit displays **ARE YOU SURE?** If you do not want to delete the file, select **NO**. Select **YES** to delete the file. Press OK. Note! After deleting the file you cannot restore it.

4.2 TOTALS FILE

In the Totals File you can view your total cumulative exercise count, duration, and burned calories in several exercises, starting from the previous reset.

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **File** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **TOTALS**. Press OK

*Note: If **Empty** is displayed no exercise information has been recorded in the File.*

Scroll through the following information with the ▲ / ▼ buttons.

Total Exe.Count (exercise count)
The last reset date of the total cumulative count.
Total cumulative exercise count, starting from the previous reset.

Note: When you have recorded 65 535 exercise sessions, the total cumulative exercise count is automatically reset to zero.

Total Duration
The last reset date of the total cumulative exercise duration.
Total cumulative exercise duration for several exercise sessions, starting from the previous reset.

Note: Your total exercise duration is displayed in hours and minutes until you reach 99 hours and 59 minutes. After this, your cumulative exercise duration is displayed in hours until 9999 hours is reached and the total exercise duration is automatically reset to zero.

Total Calories
The last reset date of the total cumulative calories.
Total cumulative calories burned during several exercise sessions, starting from the previous reset.

Note: When you have burned 999 999 Cal/kcal, the total cumulative calories are automatically reset to zero.

Resetting Total Counters
1. **Reset Total Counters?** is displayed. Press OK.
2. Press the ▲ / ▼ buttons to select reset **ALL** (all total counters), **EXE.COUNT** (total count), **DURATION** (total duration), or **CALORIES** (total Cal/kcal). Press OK.
3. **ARE YOU SURE?** is displayed. Press the ▲ / ▼ buttons to select **YES** or **NO**. Press OK.

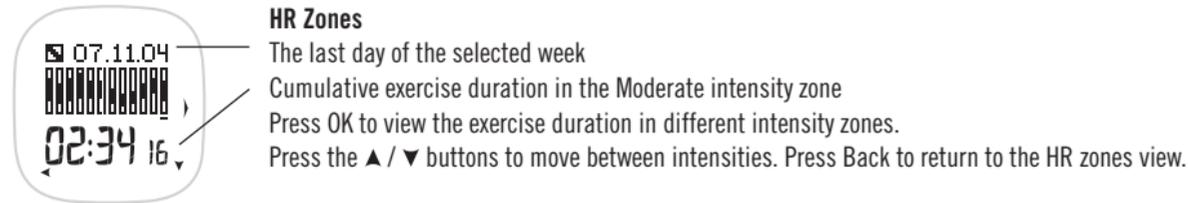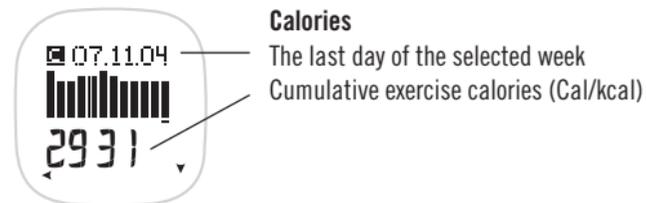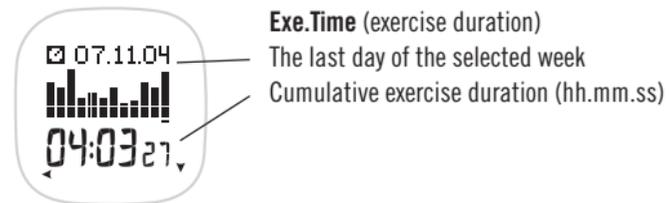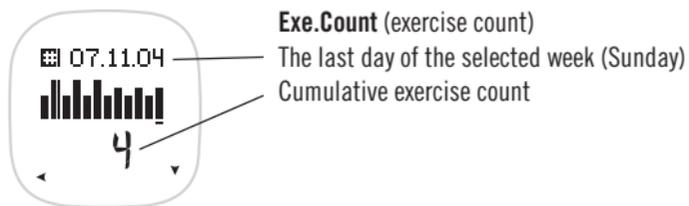Press and hold the Back button to return to the Time of Day display.

4.3 DIARY FILE

You can check the automatically saved weekly Diary information in the Diary File. The Diary File includes information for the 12 most recent weeks. When the Diary File becomes full, the next week's information replaces the oldest. The Diary week is saved in the Diary File on Sunday at midnight. At the same time, the current Diary is reset.

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **File** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **DIARY**. Press OK
4. Press the ▲ / ▼ buttons to select **EXE.COUNT** (exercise count), **EXE.TIME** (exercise duration), **CALORIES**, or **HR ZONES**.
   Press OK.

*Note: If **Empty** is displayed, no exercise information has been recorded in the File.*

Scroll through the saved information with the ▲ / ▼ buttons. The black cursor moves according to the week.
Press Back to return to the Diary view.

Exe.Count (exercise count)
The last day of the selected week (Sunday)
Cumulative exercise count

Exe.Time (exercise duration)
The last day of the selected week
Cumulative exercise duration (hh.mm.ss)

Calories
The last day of the selected week
Cumulative exercise calories (Cal/kcal)

HR Zones
The last day of the selected week
Cumulative exercise duration in the Moderate intensity zone
Press OK to view the exercise duration in different intensity zones.
Press the ▲ / ▼ buttons to move between intensities. Press Back to return to the HR zones view.
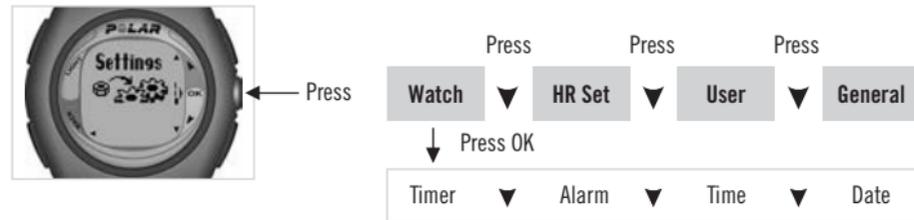
5. SETTINGS

In the Settings menu, you can view or change the information you have set earlier, such as the time of day and date, or you can set information, such as heart rate limits, volume, and alarm settings.

5.1 WATCH SETTINGS

Note that there are two ways that the time and date can be presented. Select the presentation mode when setting the 12 h (date: month, day, year) or 24 h (date: day, month, year) time.

1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **WATCH**. Press OK.
4. Press the ▲ / ▼ buttons to select **TIMER**, **ALARM**, **TIME**, or **DATE** settings. Press OK to enter the desired settings.

Note:
  - *You can return to the Time of Day display from any menu by pressing and holding the Back button.*
  - *You can also enter the Watch settings by pressing and holding the Back button in the Time of Day display.*
  - *You can skip the time and date settings and accept them as they are by pressing and holding the OK button.*

5.1.1 TIMER SETTING

You can set the countdown timer to sound an alarm once after a set time.

- Set the **hours** with the ▲ / ▼ buttons. Press OK.
- Set the **minutes** with the ▲ / ▼ buttons. Press OK. The countdown timer starts running and **Timer** is displayed.

While the timer is running, you can restart the timer by pressing and holding OK, or you can stop the timer by pressing Back. You can change the display view by pressing and holding the ▲ button. The timer is still running even if it is not on the display.

Switching the Timer Alarm 🔔 Off

When **Timer** blinks in the display and the alarm sounds, press the Back button to stop the alarm. When the alarm is stopped, the display automatically illuminates and the wrist unit returns to the Time of Day display. If you do not stop the alarm, it sounds for one minute and the wrist unit returns to the Time of Day display.

Note:
  - *The timer alarm will be activated in all menus except the Exercise menu. When the alarm sounds and you are in some of the other menus, the wrist unit displays the Timer Alarm view.*
  - *If the buttons are locked and the alarm sounds, the buttons will function normally.*

5.1.2 ALARM SETTING

1. If you start from the Time of Day display, press OK.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **WATCH**. Press OK.
4. Press the ▲ / ▼ buttons to select **ALARM**. Press OK.
5. Press the ▲ / ▼ buttons to select alarm **DAILY**, **MON-FRI**, or **OFF**. Press OK.
   If you select off, press OK and continue from following setting.
   If you are using 12 hours mode: select **AM** or **PM** with the ▲ / ▼ buttons. Press OK.
6. Set the **hours** with the ▲ / ▼ buttons. Press OK.
7. Set the **minutes** with the ▲ / ▼ buttons. Press OK.

Switching the Alarm 🔔 Off

When **SNOOZE?** is displayed, the alarm sounds and backlight blinks, press the Back button to stop the alarm. When the alarm is stopped, the display automatically illuminates and the wrist unit returns to the Time of Day display. Press OK, or the ▲ / ▼ buttons to snooze the alarm for 10 minutes and to start the countdown timer. If you do not stop the alarm, it sounds for one minute and the wrist unit returns to the Time of Day display.

Note:
   * *The alarm will be activated in all menus except the Exercise menu. When the alarm sounds and you are in some of the other menus, the wrist unit displays the Alarm view.*
   * *If the buttons are locked and the alarm sounds, the buttons will function normally.*

5.1.3 TIME SETTING

If you start from the Time of Day display, repeat steps 1-3, page 38.
4. Press the ▲ / ▼ buttons to select **TIME**. Press OK.
5. Press the ▲ / ▼ buttons to select **12 H** or **24 H** time mode. Press OK.
   If you chose 12 h mode, select **AM** or **PM** with the ▲ / ▼ buttons. Press OK.
6. Set the **hours** with the ▲ / ▼ buttons. Press OK.
7. Set the **minutes** with the ▲ / ▼ buttons. Press OK.

5.1.4 DATE SETTING

If you start from the Time of Day display, repeat steps 1-3, page 38.
4. Press the ▲ / ▼ buttons to select **DATE**. Press OK.
5. Press the ▲ / ▼ buttons to select the month (**mm**) or day (**dd**). Press OK.
6. Press the ▲ / ▼ buttons to select the day (**dd**) or month (**mm**). Press OK.
7. Press the ▲ / ▼ buttons to select the year (**yy**). Press OK.

Press and hold the Back button to return to the Time of Day display.

5.2 HEART RATE SETTINGS

In the HR (Heart Rate) Set menu, you can edit the settings used during exercise sessions. Exercise settings, heart rate limits, alarm settings, and the view mode are combined in HR Set. With HR Set, you can easily use your desired exercise settings and do not need to set each setting separately.
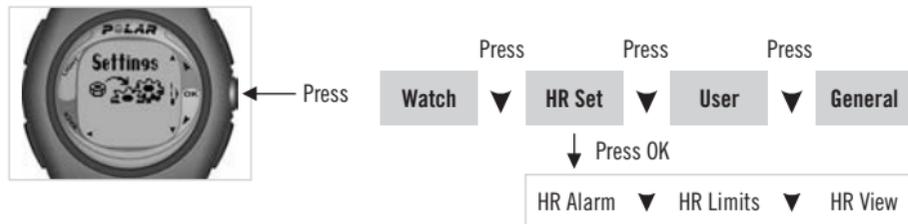
1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **HR SET**. Press OK.
4. Press the ▲ / ▼ buttons to set the **HR ALARM**, **HR LIMITS**, or **HR VIEW** for the heart rate set. Press OK.

1. HR Alarm Volume Setting
Press the ▲ / ▼ buttons to select **VOL 2** (loud), **VOL 1** (quiet), or alarm **OFF**. Press OK.

2. HR Limits Setting
Press the ▲ / ▼ buttons to select **OWNZONE**, **AUTOMATIC**, **MANUAL**, or **OFF**. Press OK.

OWNZONE: Press the ▲ / ▼ buttons to select **HARD**, **MODERATE**, **LIGHT**, or **BASIC** limits for OwnZone. Press OK.
The wrist unit displays your previously determined OwnZone limits in the selected zone. If you have not performed the OwnZone, your age-based limits are displayed. These limits are used if your next OwnZone determination fails.
Press OK to return to the HR Set view.
For further information on how to determine your OwnZone limits, see the section OwnZone on page 22.

AUTOMATIC: Automatically calculated age-based heart rate limits.
Press the ▲ / ▼ buttons to select **HARD**, **MODERATE**, **LIGHT**, or **BASIC**. Press OK. The wrist unit displays the heart rate limits based on the birth date you have entered.
Press OK to return to the HR Set view.

Limits	Exercise
HARD	The Hard intensity zone (80-90% HR_{max}) is for relatively short exercise at high intensity. Exercising in this zone causes heavy breathing, muscle tiredness, fatigue and increases maximum performance capacity.
MODERATE	Exercising in the Moderate intensity zone (70-80% HR_{max}) is effective particularly for improving aerobic fitness. It is recommended for people exercising regularly.
LIGHT	Exercising in the Light intensity zone (60-70% HR_{max}) is good for improving health and fitness. It also improves basic endurance and helps you to recover from heavier exercise.
BASIC	Limits for basic exercise (65-85% HR_{max}). This intensity zone is suitable for aerobic intensity exercise.

MANUAL: Instead of determining your target heart rate zone by using OwnZone or Automatic limits, you can determine your target heart rate limits manually by using the age formula.

Your target heart rate zone is a range between lower and upper heart rate limits expressed as percentages of your maximum heart rate (HR_{max}) or as beats per minute (bpm). HR_{max} is the highest number of heartbeats per minute during maximum physical exertion. The wrist unit calculates your HR_{max} according to your age: Maximum heart rate = 220–age. For more accurate measurement of your HR_{max}, visit your doctor or exercise physiologist for an exercise stress test.

The wrist unit displays your previously determined heart rate limits. Alternatively, if you have not determined the manual limits before your age-based limits are displayed.
Press the ▲ / ▼ buttons to set the **upper** limit. Press OK.
Press the ▲ / ▼ buttons to set the **lower** limit. Press OK.

OFF: The function is switched off and there are no target heart rate limits during the exercise session.

The table below contains target heart rate zones in beats per minute (bpm) estimated by age in 5-year intervals. Calculate your own HR_{max}, write down your own target heart rate zones and select the ones suitable for your exercise.

| Age	HR_{max} (220–age)	Light* Intensity 60-70% of HR_{max}	Moderate Intensity 70-80% of HR_{max}	Hard Intensity 80-90% of HR_{max}
20	200	120-140	140-160	160-180
25	195	117-137	137-156	156-176
30	190	114-133	133-152	152-171
35	185	111-130	130-148	148-167
40	180	108-126	126-144	144-162
45	175	105-123	123-140	140-158
50	170	102-119	119-136	136-153
55	165	99-116	116-132	132-149
60	160	96-112	112-128	128-144
65	155	93-109	109-124	124-140

*Polar target heart rate intensity definition is modified from international exercise science authorities' recommendations in which Light intensity can reach lower than 60%HR_{max}.

3. HR View Setting
Press the ▲ / ▼ buttons to select **HR** (beats per minute), or **HR%** (a percentage of you maximum heart rate). Press OK.

5.3 USER SETTINGS

In the User Settings menu, you can edit your personal data, weight, height, birthday, gender, and extra user settings.
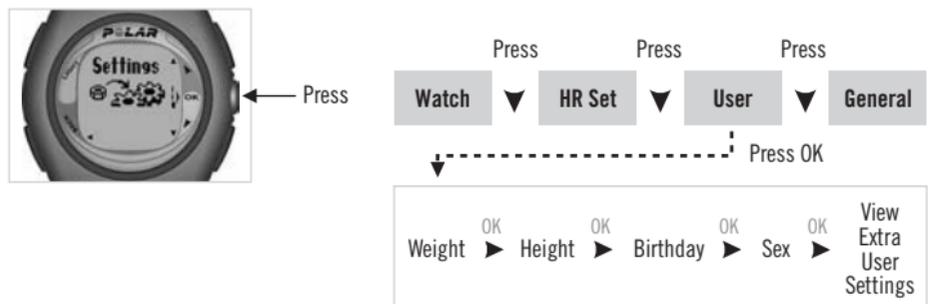
1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **USER**. Press OK.
4. **Weight:** Adjust the weight with the ▲ / ▼ buttons. Press OK.
5. **Height:** Adjust the height with the ▲ / ▼ buttons. Press OK.
6. **Birthday:** Adjust the month (**mm**) or day (**dd**) with the ▲ / ▼ buttons. Press OK.
Note: You can skip the date of birth date setting and accept it as it is by pressing and holding OK.

7. Adjust the day (**dd**) or month (**mm**) with the ▲ / ▼ buttons. Press OK.
8. Adjust the year (**yy**) with the ▲ / ▼ buttons. Press OK.
9. **Sex:** Select **MALE** or **FEMALE** with the ▲ / ▼ buttons. Press OK.

10. **View Extra User Settings:** It is recommended that you change the following settings (HR_{max}, HR_{sit}, VO_{2max}) only if you know your **laboratory-measured value**. Press OK to enter Extra User Settings. Alternatively, press and hold the Back button to return to the Time of Day display.

11. **Maximum heart rate value (HR_{max}):** Press the ▲ / ▼ buttons to set your maximum heart rate. Press OK.

HR_{max} is the highest number of heartbeats per minute (bpm) during maximum physical exertion. The most accurate way of determining your individual HR_{max} is to perform a maximal exercise stress test in a laboratory. HR_{max} is a useful tool for determining the intensity of exercise. HR_{max} is used in the estimation of energy expenditure.

12. **Heart rate value in a sitting position (HR_{sit}):** Press the ▲ / ▼ buttons to set your heart rate value in a sitting position. Press OK.

HR_{sit} should be your typical heart rate when you are not doing any physical activity (while sitting). HR_{sit} is used in the estimation of energy expenditure. To easily determine your HR_{sit}, sit down and put on your wrist unit and transmitter. Start the measurement to show your heart rate value on the display. Look at your wrist unit after 2 to 3 minutes. This is your HR_{sit}. To more precisely calculate your HR_{sit}, wear your Polar heart rate monitor for one normal day. Occasionally when you sit and do not engage in any physical activity for 2-3 minutes, write down your heart rate value. In the evening, calculate the average value.

13. **Maximal oxygen uptake value (VO$_{2max}$, ml/kg/min):** Press the ▲ / ▼ buttons to set your maximal oxygen uptake value. Press OK.

VO$_{2max}$ is the maximum capacity for oxygen consumption by your body during maximum exertion. This is also known as aerobic power or maximal oxygen intake/consumption. VO$_{2max}$ is a commonly used determinant of aerobic (cardiovascular) fitness. The most accurate way of determining your individual VO$_{2max}$ is to perform a maximal exercise stress test in a laboratory. Aerobic fitness relates to how well your cardiovascular system works to transport and utilize oxygen in your body. VO$_{2max}$ is used in the estimation of energy expenditure.

*Note: If you have accidentally changed the Extra User Settings, you can return to the default settings by pressing and holding the Light button. **RESTORE DEFAULT?** is displayed. Press the ▲ /▼ buttons to select **YES** or **NO**. Press OK.*

5.4 GENERAL SETTINGS

In the General Settings menu, you can edit general settings for the wrist unit. The general settings include volume, keylock, help, and units.
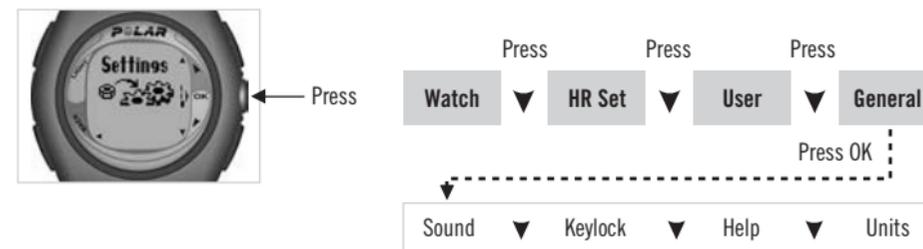
1. Start from the Time of Day display. Press OK. **Exercise** is displayed.
2. Press the ▲ / ▼ buttons until **Settings** is displayed. Press OK.
3. Press the ▲ / ▼ buttons to select **GENERAL**. Press OK.
4. Press the ▲ / ▼ buttons to select **SOUND**, **KEYLOCK**, **HELP**, or **UNITS** settings. Press OK.

1. Volume for Sounds
Press the ▲ / ▼ buttons to select **VOL 2** (loud), **VOL 1** (quiet), or sounds **OFF**. Press OK.

If you change the Vol 2 or Vol 1 setting, the following wrist unit tones are not affected: HR alarm, watch, and timer alarms. If you select sounds off, the button and activity sounds are switched off. The alarm sounds can be switched on or off in the Watch Settings, page 36. The heart rate zone alarms can also be switched on or off in the Exercise Settings and during your exercise session.

2. Button Lock Setting (🔒 Keylock)
Button lock can be activated in the Time of Day display and during exercise recording.

Press the ▲ / ▼ buttons to select **MANUAL** or **AUTOMATIC**. Press OK.

Automatic	The wrist unit automatically locks all the buttons, except the Light button, if you do not press any button within one minute. You can switch the button lock off by pressing and holding the Light button until **BUTTONS UNLOCKED** is displayed.
Manual	You can switch the button lock on or off by pressing and holding the Light button until 🔒 is displayed or disappears.

3. Help Settings
If you switch Help-texts On, texts guide you in the Exercise and Diary modes.

Press the ▲ / ▼ buttons to switch the Help-texts **ON** or **OFF**. Press OK.

4. Units Settings
Press the ▲ / ▼ buttons to select **KG/CM** or **LB/FT**. Press OK.

	lb/ft	kg/cm
Weight	Pounds	Kilograms
Height	Feet/inches	Centimeters
Calories	Cal	kcal

6. DATA TRANSFER
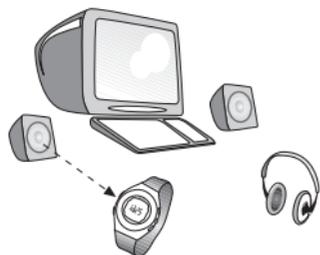
Polar Fitness Trainer is a complete web service tailored to support your exercise goals. Free registration gives you access to a personalized exercise program, diary, tests, calculators, useful articles and much more. You can gain access and start the registration process for the web service at www.PolarFitnessTrainer.com.

Your Polar F6 heart rate monitor offers you the option of transferring all the settings easily from your PC to your wrist unit via Polar UpLink™, and correspondingly information such as exercise data from your wrist unit to the Polar Fitness Trainer web service via SonicLink™. In order to be able to use the UpLink feature, you need a computer with sound card and dynamic loudspeakers or headphones and correspondingly for the SonicLink feature you need a microphone.

See www.polar.fi/fitness for further instructions.

7. CARE AND MAINTENANCE

Your Polar heart rate monitor is a high-tech instrument and should be treated with care. The suggestions below will help you fulfill the guarantee obligations.

Store your heart rate monitor in a cool and dry place. Do not store them in a damp environment, in non-breathable material (i.e. plastic bag) or with conductive material such as a wet towel.

Service
During the two-year guarantee/warranty period we recommend that you have service done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro.

Taking Care of Your Polar Heart Rate Monitor
- Keep your unit clean. Clean it with a mild soap and water solution. Dry it carefully with a soft towel. Never use alcohol or any abrasive material such as steel wool or cleaning chemicals.
- Keep your heart rate monitor out of extreme cold and heat. The operating temperatures are 14 °F to 122 °F/ -10 °C to +50 °C
- Do not expose the heart rate monitor to direct sunlight for extended periods, such as by leaving it in a car.
- Do not bend or stretch the transmitter. This may damage the electrodes.
- Do not dry the transmitter in any other way than with a towel. Mishandling may damage the electrodes.

Transmitter Battery

The estimated average battery life span of the transmitter is 2500 hours of use. If you suspect that the transmitter battery has run out, contact your authorized Polar Service Center for a replacement transmitter. Polar recycles used transmitters.

Wrist Unit Battery

The estimated average battery life of the wrist unit is one and half year in normal use. Please note that excessive use of the backlight and the alarm signals drain the battery more rapidly. The ⧅ symbol indicates low battery and that the battery should be replaced. Do not open the wrist unit yourself. To ensure the water resistance properties and the use of qualified components, the wrist unit battery should be replaced by an authorized Polar Service Center only. At the same time, a full periodic check of the Polar heart rate monitor will be done.

Note:
- *If the ⧅ symbol is displayed and you have switched the alarm on, the alarm will still activate one more time. After that the alarm symbol ⏰ disappears. If you try to reset the alarm, the wrist unit displays Battery Low. You cannot reset the alarm until the battery is changed.*
- *In cold conditions the low battery indicator may appear, but the indicator is deactivated when you return to a normal temperature.*
- *Water resistance cannot be guaranteed after unauthorized service.*

8.1   INTERFERENCE DURING EXERCISE

Electromagnetic Interference
Disturbances may occur near high voltage power lines, traffic lights, overhead lines of electric railways, electric bus lines or trams, televisions, car motors, bike computers, some motor driven exercise equipment, cellular phones, or when you walk through electric security gates.

Exercise Equipment
Several pieces of exercise equipment with electronic or electrical components such as LED displays, motors, and electrical brakes may cause interfering stray signals. To try to tackle these problems, relocate the wrist unit as follows:
1. Remove the transmitter from your chest and use the exercise equipment as you would normally.
2. Move the wrist unit around until you find an area in which it displays no stray reading or does not flash the heart symbol. Interference is often worst right in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.
3. Put the transmitter back on your chest and keep the wrist unit in this interference-free area as far as it is possible.
4. If the Polar heart rate monitor still does not work with the exercise equipment, this piece of equipment may be electrically too noisy for wireless heart rate measurement.

Crosstalk
When in non-coded mode ❤ the wrist unit picks up transmitter signals within 3 feet/1 meter. Simultaneous non-coded signals from more than one transmitter can cause an incorrect readout.

Using the Polar Heart Rate Monitor in a Water Environment
Your Polar heart rate monitor is water resistant to 100 feet/30 meters. To maintain the water resistance, do not press the buttons of the wrist unit under water.

Users measuring their heart rate in water may experience interference for the following reasons:
- Pool water with a high chlorine content and seawater are very conductive. The electrodes of a transmitter may short-circuit, which prevents ECG signals from being detected by the transmitter.
- Jumping into water or strenuous muscle movement during competitive swimming may cause water resistance that shifts the transmitter on the body to a location where it is not possible to pick up ECG signals.
- The ECG signal strength depends on the individual and also varies depending on an individual's tissue composition. The percentage of people who have problems in heart rate measuring is considerably higher in water than in other use.

8.2 MINIMIZING POSSIBLE RISKS WHEN EXERCISING

Exercise may include some risk, especially for those who have been sedentary.

Before starting a regular exercise program you are recommended to answer to the following questions for health status checking. If the answer is yes to any of the questions, we recommend that you consult a doctor before starting an exercise program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure?
- Do you have high blood cholesterol?
- Do you have symptoms of any disease?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or another implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to exercise intensity, medications for heart problems, blood pressure, psychical conditions, asthma and breathing, as well as some energy drinks, alcohol, and nicotine, can affect heart rate.

It is important to be sensitive to your body's reactions during exercise. If you feel unexpected pain or excessive fatigue when exercising, it is recommended that you stop the exercise or continue at a lighter intensity.

Notice to persons with pacemakers, defibrillators, or other implanted electronic devices. Individuals who have a pacemaker use the Polar heart rate monitor at their own risk. Before use, we always recommend an exercise test under a doctor's supervision. The test is to ensure the safety and reliability of the simultaneous use of the pacemaker and the heart rate monitor.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in the Technical Specifications chapter, page 57. To avoid any skin reaction risk with the transmitter, wear it over a shirt. However, moisten the shirt well under the electrodes to ensure flawless operation.

Note: The combined impact of moisture and intense abrasion may cause black color to come off the transmitter's surface, which might stain light-colored clothes especially.

9. FREQUENTLY ASKED QUESTIONS

What should I do if...
...I don't know where I am in the menu?
Press and hold the Back button until the time of day is displayed.

...there is no heart rate reading (- -)?
1. Check that the electrodes of the transmitter are moistened and that you are wearing it as instructed.
2. Check that you have kept the transmitter clean.
3. Check that there are no sources of electromagnetic radiation in close vicinity to the Polar wrist unit, such as TV sets, cellular phones, CRT monitors etc.
4. Have you had a cardiac event that may have altered your ECG waveform? In this case, consult your physician.

...heart symbol flashes irregularly?
1. Check that your wrist unit is inside the transmission range and not further that 3 feet/1 meter from the Polar transmitter you are wearing.
2. Check that the elastic strap has not become loose during exercise.
3. Make sure that the electrodes of the transmitter are moistened.
4. Make sure that there is no other heart rate transmitter within the reception range (3 feet/1 meter).
5. Cardiac arrhythmia may cause irregular readings. In this case, consult your physician.

...the heart rate reading becomes erratic or extremely high?
You may have come within range of strong electromagnetic signals, which can cause erratic readings on the wrist unit display. Check your surroundings and move further away from the source of the disturbance.

...the display is blank?
The Polar heart rate monitor is in battery saving mode when it is dispatched from the factory. To activate it, press any of the buttons twice. **WELCOME TO POLAR FITNESS WORLD** is displayed. See the section, Basic Settings on page 10.

...the display is fading?
Usually the first sign of an expired battery is the fading of the digits when using the backlight or the low battery indicator. Have the batteries checked.

...the wrist unit battery needs to be changed?
We recommend that all service should be done by an authorized Polar Service Center. The 2-year International Guarantee does not cover damage or consequential damage caused by service not authorized by Polar Electro. The Polar Service Center will test your wrist unit for water resistance after battery replacement and makes a full periodic check of your complete Polar heart rate monitor.

...the buttons do not react?
Reset the wrist unit. Resetting clears the date and time settings.
Press all buttons except the Light button at the same time until the display is filled with digits. Press OK.
For further information, see the section Basic Settings on page 10. If you have already set the Basic Settings once, you can skip them after setting the date by pressing and holding the Back button. If you do not press any button after you reset the wrist unit, within one minute the wrist unit goes to the Time of Day display. If this does not work, have the batteries checked.

...the Updated OwnZone limits vary a lot?
Heart rate variability reacts sensitively to all changes taking place in your body and environment. The OwnZone heart rate limits are affected by, amongst other things, your state of fitness, the time of day of the OwnZone determination, the type of exercise and your state of mind. The lower limit of the OwnZone can vary for the same person by 5-10 beats but as much as 30 beats is possible. However it is important that the exercise carried out in the OwnZone feels light or moderate. For example, if you raise your heart rate too rapidly after the first stage, you may receive OwnZone heart rate limits that are too high. If the OwnZone limits seem to be too high, we recommend that the OwnZone determination be repeated.

10. TECHNICAL SPECIFICATION

The Polar F6 heart rate monitor is designed to
• to help users to achieve their personal fitness goals
• to indicate the level of physiological strain and intensity during an exercise session
No other use is intended or implied.

WRIST UNIT

Battery type:	CR 2032
Battery life:	Average 1.5 years (1 h/day, 7 days/week exercise)
Operating temperature:	14 °F to 122 °F/ -10 °C to +50 °C
Water resistance:	to 100 feet/30 meters
Wrist strap material:	Polyurethane
Back cover and wrist strap buckle:	Stainless steel complying with the EU Directive 94/27/EU and amendment 1999/C 205/05 on the release of nickel from products intended to come into direct and prolonged contact with the skin.
Watch accuracy:	better than ± 0.5 seconds/day at 77 °F/ 25 °C temperature.
Accuracy of heart rate measurement:	± 1% or ± 1 bpm, whichever larger, definition applies to steady state conditions

TRANSMITTER

Battery life:	Average 2500 hours of use
Battery type:	Built-in Lithium Cell
Operating temperature:	14 °F to 122 °F/-10 °C to +50 °C
Transmitter material:	Polyurethane
Waterproof	

ELASTIC STRAP

Buckle material:	Polyurethane
Fabric material:	Nylon, polyester, and natural rubber including a small amount of latex

LIMIT VALUES

Chronometer	23 h 59 min 59 s
Heart rate limits	30 - 199 bpm
Total time	0 - 9999 h 59 min 59 s
Total calories	0 - 999999 kcal
Total exercise count	65 535
Birthday	1921 - 2020

11. LIMITED POLAR INTERNATIONAL GUARANTEE

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